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WATER THE MAGIC DINNER DRINK Fort and Queen Streets, Honoiulu, SCIENTIFIC SHARPS DECIDE THAT COPIOUS INGESTION

OF ADAM'S ALE BETTERS GENERAL HEALTH.

NEW YORK, July 23.—While the medical profession generally has encouraged the drinking of pure water in large quantities, it has discountenanced the copious drinking of water with meals. The theory was that an excess of water, taken when eating dilutes the gastric juice and thereby disturbs digestion.

Now it appears that this theory was all wrong, and that the more water that is taken with meals the better will be the digestion and the

The Journal of Experimental Medicine published by the Rocke feller Institute for Medical Research recites an experiment recently conducted for the sole purpose of settling this point.

"Although there have been many investigations made upon the influence of copious water drinking," the Journal says, "yet nowhere, in so far as we have been able to discover from a careful study of the literature, has there been made a carefully conducted experiment, or series of experiments, upon human subjects for the purpose of obtaining data as to the effect of the copious ingestion of water with

"The reason why our literature contains records of no such experiment is not far to seek. The medical profession almost unanimously advise against the drinking of large amounts of water at meal time. The desirable features following the liberal use of water taken at the proper time are thoroughly appreciated, but any suggestion as to the taking of water in large quantity with meals is strongly antagonized.

"Such being the attitude of the medical profession, it has heretofore been a natural consequence that those interested in the study of medical problems should fail to attempt to place the theory upon an experimental basis. Why investigate something which is self-evident?

'At first thought the present day theory as to the advisability of ingesting large volumes of water with meals sounds extremely reasonable. The principal objection to the copious ingestion of the fluid is based upon the supposition that the excess water dilutes the gastric juice and thus disturbs to a marked degree the normal rhythm of the digestive functions.

"However, we can no longer entertain the old belief that such is the case. The experiments indicate most convincingly that the ent rance of water into the stomach does not produce a dilute gastric juice of lowered acidity, but rather that the entrance of this fluid acts as a distinct stimulation to the gastric secretion, and that the juice, although secreted in larger volume than previous to the entrance of the water, nevertheless shows a higher concentration of acid than does that juice which is secreted under ordinary conditions.

"In the experiment the subject was placed on a normal, constant! diet, and by means of a preliminary period of sufficient length was brought to a condition of approximate nitrogen equilibrium. At that point 1,000 cubic centimeters of water was added to each meal and continud thus through a period of five days. Immediately following this period came a final period of eight days during which the original normal constant diet was again maintained and the after effects of the copious water ingestion observed."

The result showed an increase in weight of two pounds during the five days of the test, and the general conclusion reached was "that the drinking of a large amount of water with meals was attended by many desirable and by no undesirable features."

TEMETENS ENGINEERS ENGINEERS ENGINEERS THE REVOLVING TOOTHBRUSH mand NOW.

aid of mechanical devices for saving hand labor that we shall al grow fat from indolence. Now comes a device to do away with the irksome task of brushing the teeth. The new toothbrush, instead of a broadenedout end filled with bristles, which must be polished across the teeth with strenuous arm strokes, is provided with a revolving brush made of an oriental fiber which the natives of far eastern countries use on the teeth. With this ingenious tool one brushes the teeth as thoroughly hand labor that we shall all grow terns with one of the revolving mar-

Whole petticoats of ribbon-threaded net are charming for party use. Now that all the summer blouses are cut low, the Dutch collar is again with us, but mounted on a neckbanu so as to avoid the unpleasant exposure of the whole neck, so frequent last summer. No jabot is worn with these collars, but they are fastened by means of a large cameo or some other pin in the quaint fashlon,

Some of the little neckpieces of colorless gowns are of silk covered with violets or some small blossoms that are dainty and dressy.

Very handsome buttons are in de- of black

by high-lass makers. The variety embraces lines L fe is being made so easy by the | made of metal, imitation gems, cut steel, crochet and combination effects that are really works of art.

Dainty and cool looking are the charming summer silks-shown this season in such a wide range of colors. White, finely striped in shrim; pink, lichen green or ragged sailor blue, is among some of the most at tractive of these silks.

Pendant earrings are here in full force. Disks of sapphires or ame thysis, surrounded by pearls or diamonds, are set swinging, and are extremely becoming, but those made of jet or torquoise or pink coral or baroque pearls, with a little gold. find a ready acceptance.

Short arms, sloping shoulders and full under-arm lines rule in present

In dress materials there are Palsley silks, cottons, foulards, chiffons and velvets, and perhaps the latest thing is Paisley shantung.

Scarfs of Persian chiffon, edged with a border of plain chiffon, are among the latest "cry" in dainty shoulder wraps. A remarkably siunning scarf is a combination of white, pale gold and black, with a border of white, edged with the tiniest edge

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